



Tips for Raising an Active Child

- Make active play fun for the whole family. Let your child help plan the fun.
- Focus on fun, not performance. All children like to play. They will win when they move, have fun, and are active daily.
- Set limits on TV and computer time. Limit TV and other screen time to less than 2 hours a day. Try reading during inactive time rather than watching TV.
- Be active yourself. Active parents raise active children.

Happens Every Month

- **WIChealth.org:** Complete your WIC nutrition education online! You're just a few clicks away from discovering ways to help keep you and your family healthy. Lots of families like these activities because they can be done in the privacy of your own home. Check us out @ www.wichealth.org.
- **Understanding Your Newborn Baby Behavior:** Join other pregnant women to talk about what to expect after your baby is born. We will talk about hunger cues, infant sleep, and ways to calm a crying baby. Held the last Wednesday of the month from 12:00 – 12:30 pm. Class is located in the Asa Bloomer Building on the 3rd floor in the WIC Office. Call Jill at 786-5111 to sign up or for more information.
- **Understanding Your Baby's Cues:** Join other new parents to talk about what you are experiencing with a new baby in the house. We will talk about hunger and feeding cues, infant sleep, and ways to communicate with your baby. Held the last Wednesday of the month from 12:45 – 1:15 pm. Class is located in the Asa Bloomer Building on the 3rd floor in the WIC Office. Call Jill at 786-5111 to sign up or for more information.
- **Breastfeeding Class:** Join other pregnant women to discuss breastfeeding. All are welcome! Held the 2nd Tuesday of the month from 6:00 – 8:00 pm. Class is located at Rutland Regional Medical Center in the Leahy Center Rooms C & D. Please call 747-3695 to sign up or for more information.
- **PEG TV:** Watch a 30-minute episode of **"What's Cookin' Rutland"** on your television (Local Public Access Channel 15) or online at www.pegtv.com for your **WIC Nutrition Education Activity**. During the show, a *WIC Nutrition Education Code* will display at the bottom of the screen. When you call our office (786-5811, option 2) to report your WIC Nutrition Education Activity, give us the code and one of the recipes you watched being prepared.
Channel 15 Schedule: Mondays 5pm, Tuesday 1:30pm, Fridays 8:30pm
Anytime Online: www.pegtv.com - Click on "Video on Demand" and choose "Cooking Shows" and scroll to a **"What's Cookin' Rutland"**
- **EFNEP:** Want to learn more about nutrition, saving money, and preparing healthy, low-cost meals? By yourself or with a few friends and/or relatives? How about without leaving home? An EFNEP (Expanded Food and Nutrition Education Program) Educator will schedule a series of visits when it is best for you! Call Kate Bilinski at (802) 773-3349 ext. 271 to schedule.

One Time Events

- **Children's Story Time:** Join June Osowski, Children's Librarian, and WIC for a special time filled with stories, songs, movement, and a fun craft. Suggested for ages 2 and older. Free and open to all! Held Thursday, December 15th from 10:00 – 10:45 am at the Rutland Free Library, Fox Program Room, 10 Court Street, Rutland. No registration is required.
- **Eat, Grow, and Play:** WIC and Wonderfeet Kids' Museum are hosting four family fun sessions. **Children ages 3-5** are invited to discover nutrition and fitness through hands on activities, crafts and story time. Snacks and free time after the sessions are included. All free of charge! Held Saturdays, 9:00 – 10:30 am. January 7th – My Body, January 14th – Healthy Eating, January 21st – Movement, and January 28th – My Feelings. Call Jill at 786-5111 to sign up for one or all of the sessions!
- **Read with Me:** Come join WIC and the Rutland Parent Child Center as we explore the books "Eating the Alphabet" and "Pancakes for Breakfast." Families will be given a copy of each book to take home. The books will be read aloud and there will be activities for children, such as making pancake mix to take home. January 25th, 10:00 – 11:30 am at the Parent Child Center, 61 Pleasant Street, Rutland. For more information and to sign up, call Justin at 786-5110.
- **Baby Shower:** Join our WIC Breastfeeding Peer Counselors as they throw a Baby Shower on Tuesday, January 31st, from 10:00 – 11:00 am in the 2nd floor conference room at the Asa Bloomer State Office Building, Rutland. We will celebrate with fun games and free baby clothing. Don't miss out on a great opportunity to meet new and expecting moms just like you. For more information and to sign up, call Jill at 786-5111.
- **Adult Yoga:** Pyramid Holistic Wellness Center is partnering with your local WIC agency for Valentine's Day. WIC parents are invited to a *free* fitness class "The Blended: Low Impact Cardio with Yoga/Relaxation" taught by Bill Kelly. Monday, February 13th, 3:00 pm. The class will have *limited space*, so make sure to call Jill at 786-5111 to sign up ahead of time.

Parmesan Meatballs

Ingredients

- 1 egg, slightly beaten
- 1/3 cup onion, finely chopped
- 3 tbsp parmesan cheese, shredded
- ½ tsp pepper
- ¼ tsp salt
- 1 cup rice flakes
- 1 ¼ lb lean ground turkey

Instructions

1. Combine egg, onion, parmesan, pepper, and salt in a medium bowl with a fork until well mixed
2. Place rice flakes in a seal-able plastic bag. Crush cereal with a rolling pin until medium coarse. Add to egg mixture until combined
3. Add ground turkey, and stir to combine
4. Lay down a sheet of wax paper, and spoon mixture on top. Press with fingers to form a rectangle, 1/2 inch thick
5. Cut mixture into 30 1 inch squares. Form squares into 1 1/4 inch meatballs
6. Spray baking sheet with cooking spray, and place the meatballs on the sheet, half an inch apart
7. Bake at 375 for about 20 minutes until no longer pink

For some tasty recipes, visit <http://www.ebtshopper.com/recipes> on the WIC Shopper App. Enjoy!

Are you participating in a group or activity that you think should count as a WIC approved nutrition or physical activity event? Call Jill to see if we can add it to the list at 786-5111!